

Emergency & Disaster Preparedness

The Inner Dimension

"Dig your well before you need it."

~ Hindu proverb

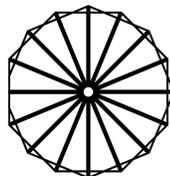
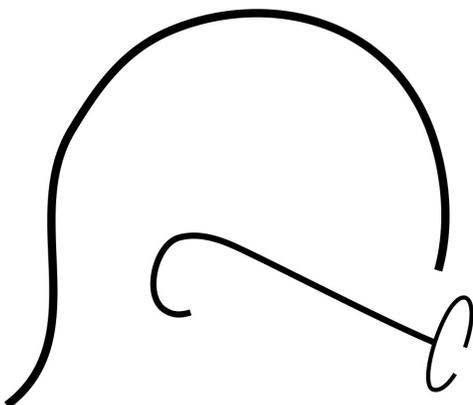
Nonviolence: /nän'vīələns/ n.

The ability to convert negative states of mind into their positive equivalents and put the results into practice (i.e. fear is converted into creative action, dismay into confidence, a sense of scarcity into the awareness of abundance).

In preparing for disasters—natural, human made or otherwise—many of us stock up on fresh water and food staples, flashlights and batteries, power generators and propane.

Experience has shown us that disasters can bring out the best in people and unite them in ways that may go unseen in the day-to-day. However, that unity is suppressed when conflicts arise during a disaster, making people unsure of themselves and others, which often leads to defensive and aggressive reactions. Just as we prepare for the arising of disasters by stocking up on material or outer needs, we can ready ourselves to manage these negative states of mind.

By turning to some of the lifesaving techniques of nonviolence, we can equip ourselves ahead of time to restore calm and cooperation in the midst of confusion. Please see the reverse side of this flyer for suggestions on bolstering our inner preparedness.



METTA CENTER

for **NONVIOLENCE**

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What we need to develop within ourselves ahead of time:

- Compassion for our families, neighbors and communities—everyone's welfare matters
- Selflessness, with emphasis on sharing resources under trying circumstances
- Willingness to work for the benefit of all without regard to others' contributions
- Courage to sacrifice one's own safety to disarm violent behavior by others

Here are some ways to strengthen the above capacities:

- Maintain a mindfulness practice so that during difficult times, you can experience evenness of mind and find periods of respite from the challenges.
- Remain disciplined and determined to ration limited resources.
- Be willing to compromise on nonessentials while holding firm on essentials, especially regarding oneself.
- Resolve conflicts in a way that turns adversaries into teammates—we're in it together.

We recommend these guidelines for assessing and transforming your state of mind, and for creating your own folder of materials that you keep with your Emergency kits. Take the time to get the training you need, and refer to your documents when you need them.

Also, we encourage you to share this flyer with your family and friends. You can find additional resources on our website: mettacenter.org.

